

## CLAIMS

1. A sports drink, characterized in containing viable lactobacilli having a positive effect on human intestinal mucosa.

2. A sports drink comprising micronutrients in combination with conventional additives for sport drinks, characterized in containing in addition viable lactobacilli having a positive effect on human intestinal mucosa.

3. A sports drink according to claim 1 or 2, characterised in containing one or several strains of *Lactobacillus acidophilus*, *Lactobacillus casei*, *Lactobacillus fermentum*, *Lactobacillus paracasei*, *Lactobacillus plantarum*, *Lactobacillus reuteri*, *Lactobacillus rhamnosus* in a therapeutically effective amount.

4. A sports drink according to claim 2 or 3, wherein the micronutrients are selected from the group consisting of ascorbic acid, vitamin E, carotenoids, pyridoxine, thiamine, riboflavin, niacin, cobalamin, folacin, Q10, flavonoids, copper, magnesium, manganese, selenium, zinc and chromium.

5. A sports drink according to any of claims 2-4, characterised in containing per 1000 g

ascorbic acid	500-1200 mg
vitamin E	250-375 mg
$\beta$ -carotene	15-25 mg
pyridoxine	15-25 mg
sodium	20-60 mg
potassium	60-100 mg
copper	0.5-1.5 mg
magnesium	120-175 mg
manganese	1-3 mg
selenium	0.05-0.15 mg
zinc	5-15 mg

6. A sports drink according to any of claims 1-5, which

comprises proteins, optionally in combination with amino acids.

7. A sports drink according to claim 6, wherein the protein is a whey protein or whey protein hydrolysate.

8. A sports drink according to any of claims 1-7, which comprises carbohydrates having a low glycemic index, optionally in combination with carbohydrates of a high glycemic index.

9. A sports drink according to any of claims 2-8, characterised in containing per 1000 g

whey proteins	15-60 g
carbohydrates	40-150 g
micronutrients	1-2 g
probiotic strain of <i>Lactobacillus</i>	$5 \cdot 10^7$ - $5 \cdot 10^8$ cfu/ml

10. A sports drink according to any of claims 2-9, characterised in containing per 1000 g:

whey protein isolate	15-60 g
mono- and disaccharides	40-150 g
micronutrients	1-2 g
<i>L. plantarum</i> DSM 9843	$5 \cdot 10^7$ - $5 \cdot 10^8$ cfu/ml

10. Tablet for the preparation of a sports drink according to any of claims 2-9 in vivo or in vitro, characterised in that it comprises micronutrients in combination with freeze-dried, viable lactobacilli.

11. Use of lactobacilli for the preparation of a sports drink according to any of claims 1-10 to prevent and treat stress symptoms, gastrointestinal disturbances, and lesions of the mucose membrane of the intestines.